

Control Your Emotions
FAIRVIEW TEXAS CHURCH OF GOD
October 20, 2007

Last week, we studied about people who enter your life. The message, from a widely circulated document of uncertain origin, was that people come into your life for *a reason, a season or a lifetime.*

Remember that always - *a reason, a season or a lifetime.*

... *a reason, a season or a lifetime.*

Without reviewing the entire lesson, the message reads, in part:

When someone is in your life for a REASON, it is usually to meet a need you have expressed.

They have come to assist you through a difficulty, to provide you with guidance and support....to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they die. Sometimes they walk! Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation.

Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life, whether you were a reason, a season or a lifetime.

Be honest! Did you experience any emotions this past week?

Did you try to suppress any of them?

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Stereotypically, men are expected to suppress their emotions, while it is generally acceptable for women to display their emotions openly.

Little girls cry and their fathers comfort them saying “that’s ok”.

Little boys cry and their fathers say “shake it off” or “be tough”.

This is a cruel development of society.

Psychiatrists will generally say that pent up, unexpressed emotions are a poison to a healthy mind. In the 1970’s many were encouraged to be totally open in rehab sessions, to the point of yelling, screaming and beating one another with ultra-soft “bats” designed so they would not harm anyone. This fad, like most, passed fairly quickly.

In the late 1960’s, Paul Simon wrote a song that fit the so-called “male psyche”:

I Am A Rock
By Paul Simon

I've built walls,
A fortress deep and mighty,
That none may penetrate.
I have no need of friendship; friendship causes pain.
It's laughter and it's loving I disdain.
I am a rock,
I am an island.

Don't talk of love,
But I've heard the words before;
It's sleeping in my memory.
I won't disturb the slumber of feelings that have died.
If I never loved I never would have cried.
I am a rock,
I am an island.

I have my books
And my poetry to protect me;
I am shielded in my armor,
Hiding in my room, safe within my womb.
I touch no one and no one touches me.
I am a rock,
I am an island.

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And a rock feels no pain;
And an island never cries.

This song represents the way most men are taught. Steel yourself against showing emotion. Play the game, even though you are hurt.

In Chicago, I once witnessed a soccer coach urging his son to “be tough” and get back in the game after getting a head injury. I suspected he might even have had a slight concussion.

The Bible teaches us differently:

Ecclesiastes 3

- 4 A time to weep, And a time to laugh; A time to mourn, And a time to dance;
-
- 8 A time to love, And a time to hate; A time of war, And a time of peace.

The number of times emotional terms are mentioned in the Bible is amazing. A quick review shows:

- Love 444
- Hate 167
- Anger 310
- Rejoice 292
- Sad, remorse 14
- Friend 106

How many emotions can you name?

1. [Acceptance](#), [Agitation](#), [Alarm](#), [Amusement](#), [Anger](#), [Angst](#), [Annoyance](#), [Anticipation](#), [Apprehension](#), [Apathy](#), [Awe](#), [Anxious](#)
2. [Bitterness](#), [Boredom](#), [Betrayal](#)
3. [Calmness](#), [Cautiousness](#), [Comfort](#), [Contentment](#), [Confidence](#), [Courage](#)
4. [Depression](#), [Disappointment](#) , [Discontentment](#), [Disgust](#), [Desire](#), [Delight](#).
[Determination](#)
5. [Elation](#) or [Euphoria](#), [Embarrassment](#), [Ennui](#), [Envy](#), [Ecstasy](#)
6. [Fear](#), [Friendship](#), [Frustration](#), [Frantic](#)
7. [Glee](#), [Gladness](#), [Gratitude](#), [Grief](#), [Guilt](#)
8. [Hate](#), [Happiness](#), [Homesickness](#), [Honor](#), [Hope](#), [Horror](#), [Humility](#)
9. [Impatience](#), [Inadequacy](#), [Irritability](#)
10. [Joy](#), [Jealousy](#),
11. [Kindness](#)
12. [Loneliness](#), [Love](#), [Lust](#), [Limerence](#)

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13. [Melancholy](#), [Modesty](#)
14. [Nervousness](#), [Negativity](#), [Nostalgia](#)
15. [Pain](#), [Paranoia](#), [Patience](#), [Peace](#), [Phobia](#), [Pity](#), [Pride](#)
16. [Rage](#), [Regret](#), [Remorse](#), [Resentment](#)
17. [Sadness](#), [Schadenfreude](#), [Self-pity](#), [Shame](#), [Shyness](#), [Sorrow](#), [Shock](#), ^{[[disambiguation](#) needed]} [Suffering](#), [Surprise](#), [Suspense](#)
18. [Thrill](#)
19. [Unhappiness](#)
20. [Vulnerability](#)
21. [Worry](#)
22. [Yearning](#)
23. [Zest](#)
24. [Melancholy](#), [Modesty](#)
25. [Nervousness](#), [Negativity](#), [Nostalgia](#)
26. [Pain](#), [Paranoia](#), [Patience](#), [Peace](#), [Phobia](#), [Pity](#), [Pride](#)
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41. [Unhappiness](#)
42. [Vulnerability](#)
43. [Worry](#)
44. [Yearning](#)
45. [Zest](#)

Some people narrow down emotions into tight categories for simplicity:

5 Primal Emotions

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Love	Happiness	Anger	Sadness	Fear
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My emotions this past week alone:

1. Love
 - Our family newsletter
2. Happiness
 - John Cavender and his family buying their home and traveling to it safely
3. Anger
 - Heavy rains, on Monday, caused near catastrophic flooding of our property. An engineer used his best “legal speak” and I did not react well to it.
4. Sadness
 - A friend, on a hunting trip to Colorado, was killed when, as a passenger in his friend’s SUV, they hit a patch of ice and rolled over.
5. Fear
 - My PSA test came back with an increase, though minor, and I was very concerned until my doctor’s appointment.

God can be angry!

Joshua 22

- 17 'Is the iniquity of Peor not enough for us, from which we are not cleansed until this day, although there was a plague in the congregation of the LORD,
- 18 'but that you must turn away this day from following the LORD? And it shall be, if you rebel today against the LORD, that tomorrow He will be angry with the whole congregation of Israel.

Psalm 4

- 4 Be angry, and do not sin. Meditate within your heart on your bed, and be still.

Ecclesiastes 7

- 9 Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

Ephesians 4

- 26 "Be angry, and do not sin": do not let the sun go down on your wrath,
- 27 nor give place to the devil.

James 3

- 1 ¶ My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment.

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- 2 For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.
- 3 Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body.
- 4 Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires.
- 5 Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!
- 6 And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.
- 7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind.
- 8 But no man can tame the tongue. It is an unruly evil, full of deadly poison.
- 9 With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God.
- 10 Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.
- 11 Does a spring send forth fresh water and bitter from the same opening?
- 12 Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.
- 13 ¶ Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom.
- 14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth.
- 15 This wisdom does not descend from above, but is earthly, sensual, demonic.
- 16 For where envy and self-seeking exist, confusion and every evil thing are there.
- 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.
- 18 Now the fruit of righteousness is sown in peace by those who make peace.

James is not saying we should hide our emotions. He is saying that, even when we are angry, we should not take action. Saying angry things is taking a sinful action, just as though you were to swing at a person, or go after them with a gun or a knife.

Matthew 5:

- 21 ¶ "You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.'
- 22 "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' (*empty*

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head, stupid, blockhead) shall be in danger of the council. But whoever says, 'You fool! (*contempt for one's character*)' shall be in danger of hell fire.

Jesus was saying the same as James. First – don't be angry without a good reason. Don't jump to conclusions. Second, if you have cause to be angry, the church can judge you if you call someone an idiot. Thirdly, if you attack the person's character, you will be judged by God.

As I was putting this to writing, it occurred to me that this lesson really goes directly back to the Ten Commandments.

Exodus 20:

- 3 "You shall have no other gods before Me.
 - Don't give in to your pride
- 4 "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth;
 - Don't be led away by your desires
- 7 "You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.
 - Don't lose your temper and control of your tongue
- 8 "Remember the Sabbath day, to keep it holy.
 - Obey
-
- 12 ¶ "Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.
 - Give obeisance
- 13 "You shall not murder.
 - Don't give in to your anger
- 14 "You shall not commit adultery.
 - Don't give in to your lust
- 15 "You shall not steal.
 - Don't give in for your desire for things
- 16 "You shall not bear false witness against your neighbor.
 - Don't lie
- 17 "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's."
 - Don't give in to your desire for other things

In short, control your emotions. There is nothing wrong with having them – and even acknowledging them. Just don't give in to them. Be emotional – but don't sin!!!!